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Tuesday, October 25, 2016 metro.us | t: MetroBOS | f: MetroBoston

TAYLOR SWIFT HAD A BUSY WEEKEND

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Sports podcasts are exploding in popularity. An inside look at the sports podcasting industry and its effect on traditional sports radio. 13-14

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3 things you need to know

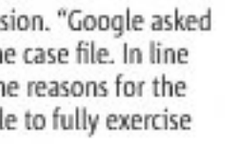
FOCUS TURNS TO CONGRESS AS OBAMA CAMPAIGNS FOR CLINTON

President Barack Obama campaigned in the battleground state of Nevada for Hillary Clinton, the candidate he wants to succeed him in the White House — but he spent most of his time talking about the state's Senate race. Democrats badly want to get back control of the Republican-controlled Senate, and are sending Obama, Michelle Obama and Joe Biden to states where close races could tip the balance. In Nevada, Obama reserved most of his firepower for mocking three-term Republican U.S. Rep. Joe Heck, who had supported his party's presidential candidate until earlier this month when Donald Trump's campaign went into crisis mode by the release of a video in which he lewdly bragged about groping and kissing women. REUTERS

HIRED EXPERTS BACK CLAIMS ST. JUDE HEART DEVICES CAN BE HACKED

2 Short-selling firm Muddy Waters said in a legal filing Monday that outside cybersecurity experts it hired have validated its claims that St. Jude Medical Inc. cardiac implants are vulnerable to potentially life-threatening cyberattacks. Muddy Waters released a 53-page report from boutique cybersecurity firm Bishop Fox, the latest piece of evidence to emerge in an ongoing dispute over claims made in August by the short-selling firm and cyberresearch firm MedSec Holdings that St. Jude cardiac implants are vulnerable to hacking. St. Paul, Minnesota-based St. Jude has strongly disputed those claims, which are under investigation by the Food and Drug Administration. The FDA has told patients to continue to use their devices as instructed and not change any St. Jude cardiac implant while it reviews the allegations. REUTERS

DEADLINE EXTENDED FOR GOOGLE TO RESPOND TO EU'S ADSENSE COMPLAINT



3 Google has been given an extra week to formally respond to allegations by the European Commission that it was blocking rivals in online search advertising, a move likely to delay a regulatory decision on the case until next year. The deadline has been extended to Nov. 3 from Oct. 26, European Commission spokesman Ricardo Cardoso said, making it the second extension. "Google asked for additional time to review the documents in the case file. In line with normal practice, the commission analyzed the reasons for the request and granted an extension allowing Google to fully exercise its rights of defense," he said in an email.

REUTERS

METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to **www.metro.us/news-quiz** to submit your answers.

1. What did Mayor Marty Walsh do with hundreds of other voters on Monday?

2. Who was PodcastOne's first sports podcast star?

3. Who is the comedian that most influenced Adam Conover?

Massachusetts school committee members bring 'No on Question 2' message to State House

Expanding the cap on charter schools allowed by the state will harm public schools, they argue.

KRISTIN TOUSSAINT
@kristindakota
letters@metro.us

Massachusetts school committee members outside of the State House on Monday before they delivered "No on Question 2" resolutions to Gov. Charlie Baker. DEREK KOUYOUMJIAN/METRO

Alex Pratt mentions his brother when he voices his opposition to raising the cap on the number of charter schools the state will allow to open each year.

His brother was pushed out of a charter school because it didn't offer special education, he said Monday outside the Massachusetts State House.

"Before we expand charter schools… we need to reform the way we deal with special education in our charter schools and make sure that every school in Massachusetts that receives a penny of taxpayer dollars is a welcome learning place for every student, regardless of their ability, their color or what district they grew up in," he said.

Pratt was just one of several school committee members from across the state who delivered to Gov. Charlies Baker a stack of resolutions saying "no" to ballot Question 2. The measure would raise the cap on charter schools across the Commonwealth by allowing for 12 new schools a year.

"I stand opposed to Question 2 not because I'm anti-charter school, but because I'm anti- 12 new charter schools a year with no immediate revenue reform," Pratt said.

School committee members from Cambridge, Somerville, Arlington, Framingham and beyond said more charter schools would siphon money from public schools and potentially force some to close.

Charter schools also aren't as accountable to the communities they are serving, said Kathleen Kelly of the Cambridge School Committee. While both charter and public schools are responsible for answering to the Department of Education and Secondary Education, public schools are also held accountable to their school committees, which are elected bodies.

"We hear from parents, teachers and other members of the community all the time," she said. "There's that direct community accountability and it's at multiple levels which the charter schools do not have."

Nearly 200 school committees, representing rural, suburban and urban public schools, have passed "No on Question 2" resolutions, which they delivered to Baker. The governor has supported lifting the charter cap, saying this bill won't affect high-performing districts.

Andre Green, of the Somerville School Committee, said Somerville has expanded music and arts classes, invested money into early reading programs and is currently improving its special education offerings.

"All those things are going to cost money and resources, and that's why I have 19 million reasons to oppose [Question 2]," he said. "Over six years, if we got fully reimbursed, we would lose $19 million to charter schools. And since public schools are never fully reimbursed, it would actually be a $28 million hole in our budget over the next six years.

An expanded version of this story can be seen at metro.us

Five killed in fiery crash in Middleborough

Five young adults died early Monday in a head-on collision on Route 495 in Middleborough, police said.

The crash occurred just after midnight when a car traveling south in the northbound lane collided with another vehicle, killing the wrong-way driver and the four occupants of the northbound car, which burst into flames upon impact, according to state police.

The highway was closed to traffic for about five hours as emergency responders worked to remove the victims and clear the wreckage. The road was reopened to traffic shortly after 5 a.m.

State Police spokesman Anthony Thomas described the scene as "horrific," according to a Boston Globe report. He said police are investigating the crash, including as to whether "stimuli" played a role.

"There is no indication that time allowed for evasive action by the northbound operator to avoid the vehicle traveling the wrong way," Thomas said during a news conference.

The identities of the five people killed were not immediately released as police worked to notify families. Two of the victims, Jordan Fisher and Kraig Diggs, were 2015 graduates of Barnstable High School, WCVB reported.

The crash occurred in the northbound lanes of Route 495 between exits 3 and 4 near the Route 28 interchange.

Police received one 911 call just before the crash reporting the wrong-way driver, but investigators do not believe the driver was traveling in the wrong direction for long, according to reports.

ERIN TIERNAN

Mayor joins hundreds at polls to cast early ballot

Monday kicked off Massachusetts' first early voting initiative.

KRISTIN TOUSSAINT
@kristindakota
letters@metro.us

Boston Mayor Marty Walsh in line to vote early at City Hall. DEREK KOUYOUMJIAN

Boston Mayor Marty Walsh was one of hundreds of Boston-area residents who voted early Monday.

This year marks the first time Massachusetts has offered early voting, and it kicked off with strong participation. Within the first 25 minutes of opening City Hall as a polling place Monday morning, 62 people voted, according to Dion Irish, the commissioner of Boston's Elections Department.

From there, the numbers kept rising, with a reported 700 votes cast in Boston by 1 p.m. Irish called the early voting initiative, which runs until Nov. 4, a "tremendous success." Lesley Waxman, assistant director of the Cambridge Election Commission, said polls in Cambridge were busy all day. At 4 p.m., he reported that they had about 1,200 voters.

As of September, 34 states and the District of Columbia offered no-excuse early voting, according to Ballotpedia. Early voting is meant to offer flexibility for those who may not be able to get to their polling place on Election Day due to family or workplace needs.

"We continue to make things as easy as possible for people to get out, so there's no excuse," Walsh said during a news conference after he voted. "This year we have about 20,000 more registered voters than the last presidential election in 2012, and certainly every single vote matters."

Though hundreds went to the polls Monday, most studies on "early in-person voting reported no evidence of an effect on turnout or found decreases in turnout," according to the Government Accountability Office.

The city earmarked $670,000 in last year's budget to finance the early vote, Walsh said.

The mayor has also worked to reach out to millennials, some of whom will be voting for the first time in this city, through a series of "pop-ups at the polls," coordinated with SPARK Boston.

"We're holding early voting events all across city starting this Saturday that we hope sparks a meaningful conversation about why it's important to be engaged," said Jerome Smith, the city's chief of civic engagement.

Voters are encouraged to participate in a pop-up at the polls Oct. 29 and use the hashtag #SPARKBosVotes for a chance to meet the mayor. A full schedule of activities can be found at sparkbos.com/vote-with-us.html.

BRIEFS

Sexual assault reported in Boston University dorm

Police are investigating a report of a sexual assault in a Boston University dormitory early Sunday morning, university officials confirmed.

Students and faculty were alerted Sunday of the assault, which happened in the Warren Towers, a freshmen residence hall on Commonwealth Avenue. The dormitory houses about 1,800 students.

"It appears to be an isolated incident and police believe there is no continuing danger to students," Boston University spokesman Colin Riley said.

The assault happened sometime after 2 a.m. Sunday and the victim was unable to provide a description of the attacker.

Riley said the university has received several reports of sexual assault this semester.

Boston University saw an uptick in reports of rape between 2014 and 2015—the only two years for which that data exists. In 2014, there were five reports of on-campus rape. That number jumped to nine last year.

Riley said it's difficult to pinpoint the cause of the spike.

"Each incident has its own set of circumstances," he said.

The number may not necessarily be indicative of an increase in assaults, but could be a symptom of the university's efforts to educate students about sexual assault and consent, which has encouraged more victims to report abuse, Riley said.

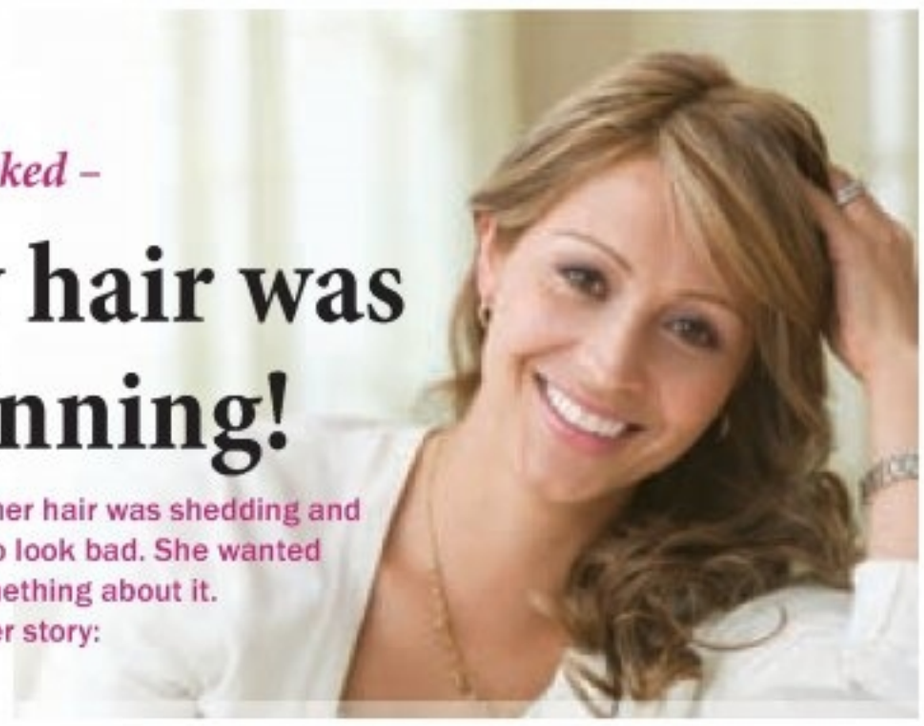
Over the last four to five years Boston University launched the Sexual Assault Response and Prevention Center, which employs a team of counselors and educators who work to support victims of sexual assault and produce prevention education programs across campus.

The university asked anyone with information of the assault to contact Boston University police at 617-353-2121.

ERIN TIERNAN

I panicked –

My hair was thinning!



Amy felt her hair was shedding and starting to look bad. She wanted to do something about it. Here is her story:

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Clinton calls Trump a 'sore loser'

Clinton said Trump's comments were more consistent with what dictators in nondemocratic countries might say about their opponents.

Democratic presidential candidate Hillary Clinton called Donald Trump a "sore loser" on Sunday because of his refusal at their debate last week to commit to accepting the results of the Nov. 8 election.

"To say you won't respect the results of the election, that is a direct threat to our democracy," Clinton told a rally at the University of North Carolina at Charlotte. "The peaceful transfer of power is one of the things that makes America America."

"And look, some people are sore losers, and we just got to keep going," she added.

Earlier on Sunday, Kellyanne Conway, a top Trump adviser, acknowledged that the Republican presidential candidate was lagging behind Clinton ahead of the election.

Conway said Clinton had "tremendous advantages," including a large campaign war chest that had allowed her to spend millions on television ads.

"We are behind," Conway said on NBC's "Meet the Press." But she added the Trump campaign was looking to sway undecided voters not ready to support Clinton.

As the polling gap has widened, Trump has said repeatedly the election is being "rigged" against him. He has not offered evidence and numerous studies have shown that the U.S. election system, which is decentralized and run by the states, is sound.

At last week's debate with Clinton in Las Vegas, Trump was asked if he would honor the result of the election.

Democratic presidential nominee Hillary Clinton GETTY IMAGES

"What I'm saying is that I will tell you at the time. I'll keep you in suspense. OK?" Trump said.

As she visited North Carolina, Clinton urged her supporters to participate in early voting.

"From now until Nov. 5, you can vote early at any voting location in your county. And you know, this is a big deal," Clinton said at a campaign event in Raleigh.

Campaigning in Naples, Florida, on Sunday, Trump also encouraged voters to go to the polls to vote both for him and Republicans running for Congress and other offices.

"You have 16 days to make this happen, but you have to get out and vote, and that includes helping me re-elect Republicans all over the place."

"I hope they help me too. Be nice if they help us too, right?" said Trump, who has sparred with many prominent members of his party, including House of Representatives Speaker Paul Ryan, the country's top elected Republican.

The latest Reuters/Ipsos poll released on Friday had Clinton leading Trump by 4 percentage points, and the most recent State of the Nation project showed Clinton with a 95 percent chance of winning the 270 Electoral College votes needed to secure the presidency.

An ABC News poll released on Sunday morning had Clinton leading with 50 percent of likely support, compared with Trump's 38 percent. The poll found that the number of Republicans who said they were likely to vote fell 7 percentage points from mid-October.

REUTERS

BRIEF

Negative tone of White House race sours young voters

The exceptionally negative tone of this year's race for the White House is souring young Americans, turning some away from the democratic process just as the millennial generation has become as large a potential bloc of voters as the baby boomers.

Reuters/Ipsos polling shows that Americans aged 18 to 34 are slightly less likely to vote for president this year than their comparably aged peers were in 2012. Some political scientists worry that this election could scar a generation of voters, making them less likely to cast ballots in the future.

Young Americans on the left and right have found reasons to be dissatisfied with their choices this year. Sen. Bernie Sanders had an enthusiastic following of younger people before he lost the Democratic primary race to former Secretary of State Hillary Clinton. On the Republican side, some are unwilling to vote for Donald Trump, citing the New York businessman's sometimes insulting rhetoric on women, minorities and immigrants.

REUTERS

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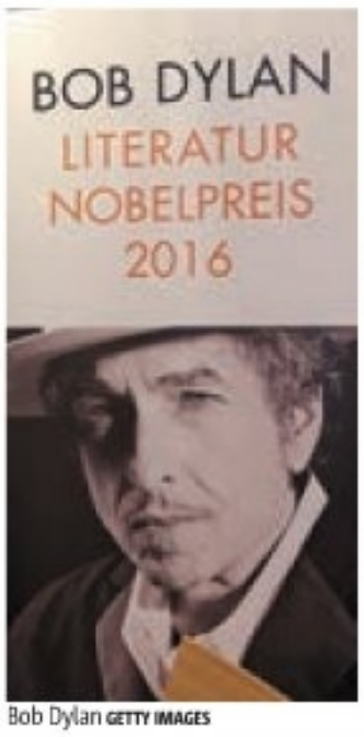
The $900K question behind Dylan's prize

Many writers might give their right arm to be paid almost $1 million to deliver a lecture. But Bob Dylan's silence since he was awarded the Nobel Prize for Literature might mean he never sees the award money.

The American singer-songwriter, a cultural icon of dissent and protest from the 1960s onward, has said nothing about the award announced two weeks ago. But under Nobel rules, the winner must give one lecture on literature — or in Dylan's case even a concert — within six months to receive the $900,000 prize money.

Per Wastberg, a member of Swedish Academy that presents the award, has said that Dylan's silence is "rude and arrogant."

The Nobel Foundation does not accept any rejections of the prize — Dylan's name will be listed as the winner in 2016 whatever he says. But the award money is a different matter.



Bob Dylan GETTY IMAGES

As a condition, Dylan must give a lecture on a subject "relevant to the work for which the prize has been awarded" no later than six months after Dec. 10, the anniversary of dynamite inventor Alfred Nobel's death.

"That is what we ask for in return," said Jonna Petterson, spokeswoman for the Nobel Foundation, adding Dylan could also opt to give a concert instead of a lecture. "Yes, we are trying to find an arrangement that suits the laureate [Dylan]."

The lecture need not be delivered in Stockholm. When British novelist Doris Lessing was awarded the Nobel literature prize in 2007, she was too ill to travel. Instead, she composed a lecture and sent it to her Swedish publisher, who read it out at a ceremony in the Swedish capital.

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Tay Tay tickles the ivories. ALL PHOTOS GETTY IMAGES

Taylor Swift has a message for Calvin Harris

Taylor Swift performed for the first time this year at the Formula 1 U.S. Grand Prix in Austin, Texas, on Sunday evening — and no one expected the number she chose to perform. She took to the piano to sing a medley version of "This is What You Came For" — you know, the song that her ex-boyfriend, producer Calvin Harris made with Rihanna.

Calvin and Taylor split up over the summer and it was later revealed that Taylor actually co-wrote the smash hit under a weird alias, Nils Sjoberg. Many think that this performance was Taylor's way of subtly throwing shade at her ex. We think she just performed a song she wrote. After all, Taylor is not known for being a proactive participant in her beefs. Just ask Kanye.

the word

SESALI BOWEN
sesali.bowen@metro.us

Justin Bieber slams his screaming fans

It looks like Justin Bieber might be outgrowing his immensely loyal fan base. The 22-year-old has been trying to shed his teenybopper image for a while. His music is certainly more soulful and mature. A couple of years ago he seemed intent on building a reputation as a bad boy.

He drank Hennessey straight from the bottle on stage and hung with an entourage of rappers. He even got arrested a couple of times and landed himself on probation for egging his neighbor's house.

But none of it thwarted the hoards of Beliebers who still get all OMG! at the sight of him. During a Manchester, England, concert Sunday night, Justin had enough. TMZ obtained video of him dropping his mic and walking off the stage after his fans refused to stop screaming when he took a break to speak to the crowd. To be honest, it's funny, because we kind of feel the same way about him. Selena Gomez was definitely right about this one.

All the A-listers turned out for Drake's 30th birthday party — with one exception

Drake celebrated his dirty 30 at Delilah in West Hollywood on Sunday night, and he brought the whole city out. Some of the biggest names on the guestlist included a couple of enemies and their shared ex: Katy Perry, Taylor Swift and John Mayer. That's always awkward. Jamie Foxx, Shay Mitchell, French Montana and Karlie Kloss, who came as a member of Taylor's squad, were also in attendance for the hottest party in town.

But let's be honest, not even these A-listers could distract us from the elephant in the room: which is that Rihanna was not in the room! Even though they've reportedly broken up, we still thought Bad Gal RiRi would pop out for her lover's birthday. Although they constantly elude us, tracking AubRih is a lifestyle.

Taryn Manning talks rocky road to sobriety

Another "Orange Is the New Black" cast member is leading a life reminiscent of their onscreen role. Tiffany "Pennsatucky" Doggett is a character driven by the demons of her past. The same thing is true of the actress who plays her, Taryn Manning.

TMZ caught up with the actress and she admitted that she is struggling to maintain her sobriety, especially since her schedule prohibits her from going to a rehab facility. Instead, Manning relies on the support of her good friends, a therapist and a sober companion to help her on the road to recovery. The actress told the media outlet, "I am truly grateful for what some may call hitting rock bottom … Some days it sucks and some days it sucks worse. I am not ashamed of this obstacle because I have accepted that it is OK to not be OK."

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Adam Conover breaks down why people don't like Hillary Clinton

Adam Conover encourages you to watch his election special before casting your vote. PROVIDED

Thank goodness for comedy. The 2016 presidential election would be impossible to get through without it. Tonight, a special hourlong election edition of "Adam Ruins Everything" airs on TruTV, and we got to chat with its host, Adam Conover, about political jokes in a post-Jon Stewart world, and why so many people take issue with Hillary Clinton.

Why are so many people are uncomfortable with Hillary?

The thesis of that part of the show is that we've always had problems with women in politics in America. There aren't really counterexamples even of the incredibly popular female politician. I mean Elizabeth Warren currently is one. Although she's popular within the liberal wing of the Democratic Party. What would happen if she ran nationally? That remains an open question.

Interesting.

Hillary is going to have two things going against her. She's been embedded in the political system for so long and in an anti-establishment year, she's seems to be the establishment. I think it's the unique combination of being a woman running for high office and being a person who's spent a quarter of a century in politics and in public life. There's a lot for people to take issue with.

What are your thoughts on comedy stepping up to the plate to inform as well as entertain?

First of all, we're living in a post-Jon Stewart comedy world. Jon Stewart was enormously influential. He's like my Johnny Carson figure — the person who changed how I saw comedy being done. I think he did it for everybody. Comedy is taken much more seriously now as a result of his work on "The Daily Show." He showed us that comedy could have real things to say about real issues and could actually move the needle of culture.

The "Adam Ruins Everything Election Special" airs tonight at 10 p.m. on TruTV.

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Jennifer Connelly treats her characters with compassion

The Oscar-winner defends her troubled character in the film of Philip Roth's "American Pastoral."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

In "American Pastoral," based on Philip Roth's novel, Ewan McGregor and Jennifer Connelly play parents whose daughter (Dakota Fanning) has become a destructive anti-Vietnam War activist. RICHARD FOREMAN

In American Pastoral," based on Philip Roth's novel, Jennifer Connelly plays Dawn, a former beauty pageant contestant who married a Jewish glovemaker, Seymour Levov, known as "The Swede" (Ewan McGregor, who also directed). They seem to have the perfect life. But in 1968, their teenage daughter, Merry (Dakota Fanning), becomes an anti-Vietnam War activist, eventually blowing up a building and killing a man.

I can imagine what it must be like to read "Pastoral" and worry that even good parenting doesn't ensure something like this happening.

You never know what will make an impression on your kids. You can only do so much to prevent them coming into contact with things that could potentially lead them in certain directions. You just try to instill the best in them and try to arm them with good education and love and communication.

In the film's second half, Dawn, unlike her husband, decides to accept that Merry isn't coming back. As the actor playing her, how did you come to justify her decisions?

When her daughter makes it very clear she wants nothing to do with her parents, Dawn feels that. And she's completely undone by that. She's completely destroyed by her grief. It's very sad.

I'm always jealous that actors have to get into unusual and sometimes hard-to-defend headspaces.

Look, I can't imagine making those choices. I don't feel that she resembles me as a person. But I have a lot of compassion for her. And it's really interesting as an actor to spend time with a character who is so different, where I have to learn to really understand her point of view.

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How to introduce Korean skin-care basics without committing to a million new products

Oh, and you're probably washing your face wrong.

RACHEL RACZKA
@rachelraczka
rachel.raczka@metro.us

Korea's 10-step skin-care regimens are still the buzz of the beauty world, but what if you could reap the benefits without indulging in all of the products?

While each step boasts its own skin benefits, the multiproduct process can be intimidating or tedious for those of us who just want to go to bed. Enter double cleansing, a standard practice for Korean beauty rituals, consisting of two cleaning solutions, one oil-based and one water-based.

"The foundation to having good skin is to have clean skin. You need to restore a pH level that creates a moisture barrier so it's not susceptible to dryness or bacteria growth," explains Michael Seong of Memebox, a Korean beauty e-store that focuses product exploration and education for Western clientele.

The oil cleanser, when mixed with a bit of water, turns into a milky lather that breaks down your makeup quickly and effectively so even your waterproof mascara runs for the hills. Made up of special botanical blends, they work to remove the bad oils, while leaving the good, essential oils your skin needs behind. A second water-based, gentle facial cleanser then cleans up the rest of the act.

If the double cleanse process is still too much work for you — or if you're already in a committed relationship with your favorite face wash, Seong says adding a toner to your routine can be a game changer.

Be the girl in the Neutrogena ad without the Neutrogena. ISTOCK

"Toners tend to be used differently in Eastern and Western skin care," he says. "In the U.S., it's often used to remove makeup; but in Asia, we use toners to balance your skin's pH level. Skin is acidic by nature, it has a pH of about 5.5 and you want to maintain that. That moisture barrier keeps good bacteria on your skin, and fights off bad bacteria that can result in warts and pimples."

Unfortunately, says Seong, lots of alkaline soaps might make you feel "squeaky clean," but they actually strip your protective barrier.

"I grew up thinking that was the epitome of a clean feeling [having grown up in the West], but that's detrimental to your skin," he explains. "It's leaving it bare. The barrier has been tampered, and that can lead to breakage or fine lines."

So where to turn? Seong says there are two types of toners you should seek out depending on your skin type — alpha hydroxy acids (AHA) or beta hydroxy acids (BHA).

"AHA helps exfoliate and get rid of dead skin. You use it later in your routine when you're adding on a cream or lotion, it helps it absorb into the skin," he says. "BHA is for oiler skin. It detoxes the pores like salicylic acid but it's not as damaging."

What's next for Korean skin care?

Snail slime — please don't stop reading just yet. "Snails have the ability to regenerate their skin at a rapid rate," says Seong. "Skin-care companies are focusing on [their slime] as an ingredient that promotes regeneration and prevents sagging skins." Inching its way into everything from serums to face masks, snail secretion (or "mucin") seems to be the "it" ingredient of the moment.

But what about all those poor snails? "I want to make a note that no animals were ever harmed! I think people have this picture of snails in a blender, but there are snail farms and they just slime around and people collect what's left behind," Seong says with a laugh. "I think they probably have a very nice life."

THIS WEEK'S OBSESSIONS

What our style editor, Tina Chadha, is loving.

Who says you have to look scary when you put on a face mask? These adorable new sheet masks by Face Inc. (by Nails Inc.) use natural ingredients like acacia and green tea to give you an instant pick-me-up. Best part: The masks are designed like your favorite Snapchat filters. $6 ON NAILSINC.COM

How do you stand out from the sea of bomber jackets this fall? By customizing your own. Starting tomorrow, you can head to shopbop.com and trick out a Cinq a Sept jacket with up to 10 characters in either red or ivory font. #LoveIt.

$395, WHICH INCLUDES MONOGRAMMING

I think it's nice that while everyone's gearing up for turkey-and-stuffing holidays, MAC is rolling out something for the Indian New Year, Diwali (Oct. 30) with its Diwali Light Festival Collection. This knockout eyeshadow palette, filled with rich metallic hues, will also get you through Hanukkah, Christmas, New Year's and more. $32, MACCOSMETICS.COM

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The best and worst fall foods

Put down that pumpkin spice latte—dig into that roasted delicata squash.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

With fall, all kinds of yummy seasonal foods become available to us. While most are delicious, some are healthier than others—just think, oven-roasted butternut squash versus apple-cider doughnuts.

But it's not always that obvious. To help sort out the good from the bad, as well as make healthy modifications to our favorite cold-weather comfort foods, we consulted with dietitian Kayleen St. John, the executive director of nutrition at Euphebe, a NYC-based food and wellness company that helps folks kick their poor eating habits.

Say yes to pumpkin seeds, no to pumpkin spice lattes

Pumpkin seeds, especially the ones culled straight from the pumpkin, are full of fiber and iron. Roast with olive oil and a sprinkle of salt for the perfect fall snack or salad topping. "The white casing provides an extra dose of fiber compared to store-bought green seeds," says St. John.

Every year, basics lose their s—t over pumpkin-spice lattes; no judgment, but, it's important to know that often, they're made with artificial pumpkin flavor and pumped full of sugar. If you're craving that seasonal flavor in your morning coffee, St. John recommends making your own pumpkin spice mix, blending ginger, clove, cinnamon and nutmeg and adding it directly to your coffee grinds.

Apple cider is not the fall saint you think it is

We all love to cozy up to a warm apple cider on a brisk fall day, but let's not delude ourselves that we're not mainlining sugar. "Apple cider is just apple juice in disguise, though it may look more virtuous with its cloudy, viscous 'natural' look," says St. John. "As soon as you isolate that sugary substance from the fruit, it basically becomes equivalent to soda, spiking your blood sugar and causing that insulin response."

Do indulge in all kinds of squash

From delicata to butternut to kabocha, there are endless varieties of squash that don't need much beyond a sprinkle of cinnamon, a drizzle of olive oil and a roast in the oven to bring out that rich, caramelized flavor. As with carrots, the orange and yellow pigmentation of most squash indicates it's full of beta-carotene, an antioxidant and precursor to Vitamin A, which is good for your skin and eye health. Certain varieties, like delicata, you don't have to peel, which means you can roast them skin on for an extra dose of fiber, says St. John.

If you love a thick butternut-squash bisque but are concerned about the heavy cream, she suggests swapping in cooked and blended barley, which will still make it creamy while providing extra nutrition.

Healthy hacks for game-day favorites

There's nothing better than cooking up a hearty chili to enjoy on a chilly Sunday of football, and there are ways to make sure there's more to it than just a bowl of spicy meat. Adding in beans beyond traditional kidney, like black beans and chick peas, as well as veggies, like peppers and mushrooms, will make it a healthier while still flavorful comfort food.

Buffalo wings are the best. But, if you're looking to cut down on your indulgences, try baking buffalo cauliflower bites instead—you can bread the florets and still coat them in Frank's, roasting them until they're crispy. Plus, cauliflower is a superfood packed with vitamins—and its peak season is the fall.

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How to break into a nursing career

A bachelor's degree is key if you are serious about the profession.

LINDA CLARKE
@MetroBOS
letters@metro.us

GETTY IMAGES

For anyone interested in a nursing career, you already know that Gray's Anatomy is a textbook, not a misspelled TV drama. You might need a bit more knowledge than that, but gaining entry into the world of nursing is surprisingly drama-free.

"The standard is the baccalaureate degree," says Gino Chisari, the director of Massachusetts General Hospital's Norman Knight Nursing Center. "There are programs that exist in community colleges, but in order to sit the licensure exam, you need a bachelor's degree."

According to the Bureau of Labor Statistics, job growth is expected to continue to rise at 19 to 25 percent a yearly until 2022, depending on to level of certificate or license.

However, for those who want to test the waters and see if nursing is the right career, jobs as nursing assistants and as licensed practical nurses mean less time commitment. "It can be a distinct career in itself," adds Chisari. His advice for anyone serious about nursing though is go for the bachelor's degree.

"Based on the 2010 report on the future of nursing, the goal is that 80 percent of nursing staff nationwide will have a bachelor's degree. The literature is irrefutable: With a bachelor's, the quality and safety rises exponentially."

Here is the breakdown for nursing and care assistant qualifications:

Nursing certificates & licenses

Nursing assistant

These positions are widely available, and the training is minimal. Once trained, entry into the job market is as a certified nursing assistant (CNA), registered nursing assistant (RNA), licensed nursing assistant (LNA), as well as less official terms such as direct care workers, care assistants, home assistants or personal care assistants. Nursing assistants most commonly work in long-term care facilities, where they aid in tasks like bathing, feeding, dressing and helping patients stay mobile. Training programs vary from a few weeks to a few months and involve a mix of schooling and hands-on lessons. The basic requirement is a high school diploma or GED.

Paycheck breakdown: Median pay for a CNA is around $20 per hour.

Licensed practical or licensed vocational nurse

These terms vary from state to state, but the designations are essentially the same and are commonly called an LPN. An LPN takes and records vital signs, assists with documentation and may help with procedures such as dressing wounds or inserting catheters. LPN programs and requirements differ by state, but they all require a high school diploma or GED for acceptance and usually take 12 months to complete. LPNs must pass their state's Board of Nursing exams. An LPN can do a bridge training program to move to the next level and become an RN.

Paycheck breakdown: median pay for an LPN is around $20 per hour.

Registered nurse

This is one of the most common nursing degrees, and the most basic one. Note it is a degree, not a license. Two-year courses to gain RN status are offered at nursing schools, community colleges and vocational schools, though the latter results in a certificate rather than a degree. You need only a high school diploma or GED in order to be accepted into most programs. In addition, after gaining an RN degree or certification, you must also pass the state board exams to become licensed in hospitals, physician's offices, long-term care facilities, military bases, correctional facilities, schools and more. Duties include informing patients about illnesses and injuries, and about proper care and management, and educating families on how to care for their sick.

Paycheck breakdown: Median pay for an RN is over $31 per hour.

For more info: nursejournal.org.

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The sports podcast revolution

Listening habits are changing rapidly and sports podcasts are at the forefront of an audio movement.

MATT BURKE
@burke_metro
matthew.burke@metro.us

PodcastOne founder Norm Pattiz, left, talking with new podcast host Shaquille O'Neal. GETTY IMAGES

We live in a rebellious age when it comes to content.

No one wants content to be force-fed to them as people want to watch, listen and read things on their own terms — not when a media company tells them to.

Sports talk radio has been thriving since the early 1990s in the U.S., and there are more sports talk radio stations than ever. So the appetite for sports audio is enormous. In the past 10 years, an alternate sports audio universe has emerged. It's a world where niche, little commercial interruption and zero structure reigns supreme. It's sports radio with no strings attached, and it's already a dominant force in the media world.

PodcastOne, the dominant podcasting company in the world, generated a whopping 1.5 billion podcast downloads in 2015 and works with more than 100 brand advertisers. We spoke with PodcastOne's founder and executive chairman, Norm Pattiz, about the difference between sports radio and podcasting, as well as where the business is headed. Pattiz was also the founder of Westwood One, which became America's largest provider of news, sports and entertainment in the broadcast industry.

"You're not limited by radio formats with podcasts," Pattiz, who spent over 40 years in the radio-syndication business, said. "One of the chief attributes for us is that we've got a pause button. Radio doesn't have that, and when you get out of the car — that's it for the day.

"We, in podcasting, can do anything. It reminds me of my early days at Westwood One, when the company had 30 people instead of 3,000 people and it was smaller. I had more fun then, and I'm having a blast now."

Sports talk radio will often hammer home certain topics throughout the course of a day. Vontaze Burfict stomped on LeGarrette Blount's leg? What an A-hole — that's half a show right there. NFL ratings are down? Why is that? There's your other half.

With sports podcasts, though, the listener can

Continued on page 14

Next man up

Malcolm Subban may get the start in net for the Bruins tonight against Minnesota (7 p.m., NESN) as both Tuukka Rask and Anton Khudobin are banged up. GETTY IMAGES

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Continued from page 13

pick and choose the topic he or she wants to listen to. For instance, Pattiz says PodcastOne will soon unveil a podcast by Forbes devoted only to the business side of sports. This idea began with the first "sports" star of PodcastOne, former pro wrestler "Stone Cold" Steve Austin, as now there are hundreds of pro-wrestling-devoted podcasts.

"There was an immediate response with [Austin]," Pattiz said. "He let his fanbase know about it on social media and the combination was instant. Now Steve does two podcasts a week, not just one, and we have [fellow pro wrestling personalities] Chris Jericho and Jim Ross doing podcasts. That's not the kind of specific sports talk that you would get on regular sports radio."

Sports podcasts began popping up 10 years ago, with then-ESPN employee Bill Simmons leading the charge. His "BS Report" podcast routinely got over 30 million downloads per year in the early portion of this decade, and now Simmons' "Ringer" podcast brands itself as the most downloaded sports podcast of all-time. PodcastOne does not feature Simmons, but it does have his pal, Adam Carolla, who is the most successful podcaster of all-time. Just one typical Carolla podcast gets over 250,000 downloads.

"Adam dwarfs them all. He's made more money in podcasting than anyone," Pattiz said, of the former terrestrial-talk-radio host. "That said, 40 — maybe even 50 percent — of our top podcasts focus solely on sports."

Pattiz does not exactly have a "get with the times, already!" opinion of traditional sports radio. He believes that sports podcasting and sports radio will be able to thrive for years to come.

"[Sports radio] will never go away," Pattiz said. "Play-by-play on radio has always been interconnected to the talk format. Always will be. In most cases, if you want play-by-play sports, you have to carry sports talk as well. They're looking for as close a connection as they can with local listeners. They want pregame and postgame talk.

"Radio has its own set of many, many problems .... I don't think sports is one of them."

Metro's favorite sports podcasts

- The Bill Simmons Podcast
- Jalen and Jacoby
- Fantasy Focus with Matthew Berry
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- Revisionist History with Malcolm Gladwell
- Bang the book
- Freakonomics Radio
- Barstool Sports' Pardon My Take
- You're Welcome with Chael Sonnen
- The Steve Austin Show - Unleashed!
- Ross Tucker's football collection of podcasts
- Enough About Me with Kirk Minihane

Pro wrestler "Stone Cold" Steve Austin was one of PodcastOne's first stars. GETTY IMAGES

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East Boston Savings Bank claiming to have an interest in a Mortgage covering real property in East Boston, numbered 67 Byron Street, given by Joseph D'Amelio and Antonietta D'Amelio to East Boston Savings Bank, dated November 28, 2003, and recorded in Suffolk County Registry of Deeds in Book 33394, Page 257, has filed with this court a complaint for determination of Defendant's Servicemembers status.

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- The CDCA (on-site regional board exam) on Friday, March 3rd
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Participants who qualify for any of these and are willing to be a part of the exam(s) will receive specified dental treatment at no cost.

For more information, please call **617-432-2045** to leave us a message, and we will get back to you. We look forward to hearing from you.

Social Drinkers Wanted

Alcohol Equipment Detection Study

Researchers at McLean Hospital are testing prototype equipment for its ability to measure blood alcohol levels. Earn up to $650.

You may qualify if you:

- Are between the ages of 21-40
- Drink alcohol
- Are willing to provide blood samples
- Are in good physical and mental health

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All calls are completely confidential

JOBS

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North Suffolk Mental Health Association

Do you have a passion for helping others?

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We offer full and part time positions, some with flexible schedules! Locations: Chelsea, Revere, Winthrop, Somerville, Cambridge, Saugus, West Roxbury, Roslindale, Boston, and East Boston

For a full list of openings visit us at
www.NorthSuffolk.org

Interested candidates should apply online or send in resumes to North Suffolk Mental Health Association Attn: HR Recruiter
301 Broadway, Chelsea, MA 02150
Fax: 617-912-7971
Email: gethired@northsuffolk.org
NSMHA is an Equal Opportunity Employer

Cimpress USA, Inc.
has multiple openings in Waltham, MA office

Operational Support Engineers,

Job ID: 20055: Responsible for support. ongoing initiat. & work requests by implement. existing software capab., working with the bus. to drive work to comp., & provid. feedback through partnered teams to improve proc. & tooling. Min. reqs.: bachelors (for. equiv. deg. accept.) in comp. sci., elec., comp., software, or mgmt. eng., info. sys., info. tech., or rel. field of study, & 1 yr. of exp. provid. operat. support using relat. databases & SQL.

Lead SAP Specialists,

Job ID: 20081: Solicit bus. reqs., lead the full life cycle (design, build, deploy., support, & test) efforts for complex bus. proc. executed in SAP or rel. tech. to support finan. / bus. proc. Min. reqs.: bachelors (for. equiv. deg. accept.) in comp. sci., mgmt. or comp. info. sys., or rel. eng., bus., or tech. fld., & 5 yrs. prog. exp. perf. SAP func. config. in SAP finan. & mgmt. account. modules include SAP implem. & roll outs, or in the alt., no degree & 7 yrs. prog. exp. in the same areas. Any suit. comb. of edu., train., or exp. is accept.

Mail resumes to **Julia Fernandez Cocimano, Cimpress USA, Inc., 275 Wyman St., Waltham, MA 02451.**
Refer to appropriate Job ID. No calls.

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LEGAL NOTICES

NOTICE OF PETITION FOR CHANGE OF NAME

Docket No. SU16C0383CA

COMMONWEALTH OF MASSACHUSETTS
THE TRIAL COURT
PROBATE AND FAMILY COURT

In the matter of: **Ji Ye Park**
Of: **Boston, MA**

To all persons interested in petition described: A petition has been presented by **Ji Ye Park** requesting that: **Ji Ye Park** be allowed to change his/her/their name as follows: **Jiye Gina Park**

Suffolk Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT: **Boston** ON OR BEFORE TEN O'CLOCK IN THE MORNING (10:00 AM) ON: **11/10/2016**

WITNESS, Hon. Joan P Armstrong, First Justice of this Court.

Date: October 05, 2016

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LEGAL NOTICES

COMMONWEALTH OF MASSACHUSETTS

(SEAL) LAND COURT 16 SM 009570

DEPARTMENT OF THE TRIAL COURT

ORDER OF NOTICE

TO: **Jacqueline Augustin** and to all persons entitled to the benefit of the Servicemembers Civil Relief Act:, 50 U.S.C. c.50 § 3901 *et seq.*:

U.S. Bank National Association as trustee on behalf of the holders of Banc of America Funding Corporation Mortgage Pass-Through Certificates, Series 2006-H, claiming to have an interest in a Mortgage covering real property in **Boston (Roslindale),** numbered **1022-1024 Canterbury Street,** given by **Jacqueline Augustin** to **Mortgage Electronic Registration Systems, Inc., as nominee for Opteum Financial Services, LLC, its successors and assigns,** dated **May 23, 2006,** and recorded with the **Suffolk County Registry of Deeds** in Book **39685,** Page **279,** and now held by plaintiff by assignment has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before **November 21, 2016** or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on October 7, 2016
Attest:

Deborah J. Patterson
Recorder
(OM 16-011417)

10/25/16

COMMONWEALTH OF MASSACHUSETTS

(SEAL) LAND COURT 16 SM 009472

DEPARTMENT OF THE TRIAL COURT

ORDER OF NOTICE

TO: **Ace Gershfield** and to all persons entitled to the benefit of the Servicemembers Civil Relief Act:, 50 U.S.C. c.50 § 3901 *et seq.*:

Deutsche Bank National Trust Company, as Trustee for Argent Securities Inc., Asset-Backed Pass-Through Certificates, Series 2005-W4, claiming to have an interest in a Mortgage covering real property in **Boston (Dorchester),** numbered **781 Columbia Road, Unit 2,** 781 Columbia Road Condominiums given by Ace Gershfield to Argent Mortgage Company, LLC, dated **November 15, 2005,** and recorded with the **Suffolk County Registry of Deeds** in Book **38487**, Page **266,** and now held by plaintiff by assignment has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before **November 21, 2016** or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on October 5, 2016

Attest:

Deborah J. Patterson
Recorder
(OM 14-013883)

10/25/16

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- Licensing Board
- Notice of Public Hearing
- Divorces
- Care and Protection of Parental Rights
- Notice of Sale of personal Property
- Transportation
- Order of Notice

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Herman Miles: 617-532-0105
herman.miles@metro.us

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. SU16P2155EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Estate of: **Judith Ruth Getz**
Also known as: **Judith Getz**
Date of Death: **06/07/2015**

Suffolk Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617)788-8300

To all interested persons: A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Marshall Getz** of **Houston TX** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Marshall Getz** of **Houston TX** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **an unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 11/10/2016.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Joan P Armstrong, First Justice of this Court.

Date: October 04, 2016

COMMONWEALTH OF MASSACHUSETTS

(SEAL) LAND COURT 16 SM 009473

DEPARTMENT OF THE TRIAL COURT

ORDER OF NOTICE

TO: **Eugene W. Casey Jr.** and to all persons entitled to the benefit of the Servicemembers Civil Relief Act:, 50 U.S.C. c.50 § 3901 *et seq.*:

Wells Fargo Bank, N.A., claiming to have an interest in a Mortgage covering real property in **Boston (Dorchester),** numbered **77 Lyndhurst Street,** given by **Eugene W. Casey Jr. to Wells Fargo Bank, N.A.,** dated **March 28, 2006,** and recorded with the **Suffolk County Registry of Deeds** in Book **39334,** Page **1,** has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three **Pemberton Square, Boston, MA 02108** on or before **November 21, 2016** or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on October 5, 2016

Attest:

Deborah J. Patterson
Recorder
(OM 16-008246)

10/25/16

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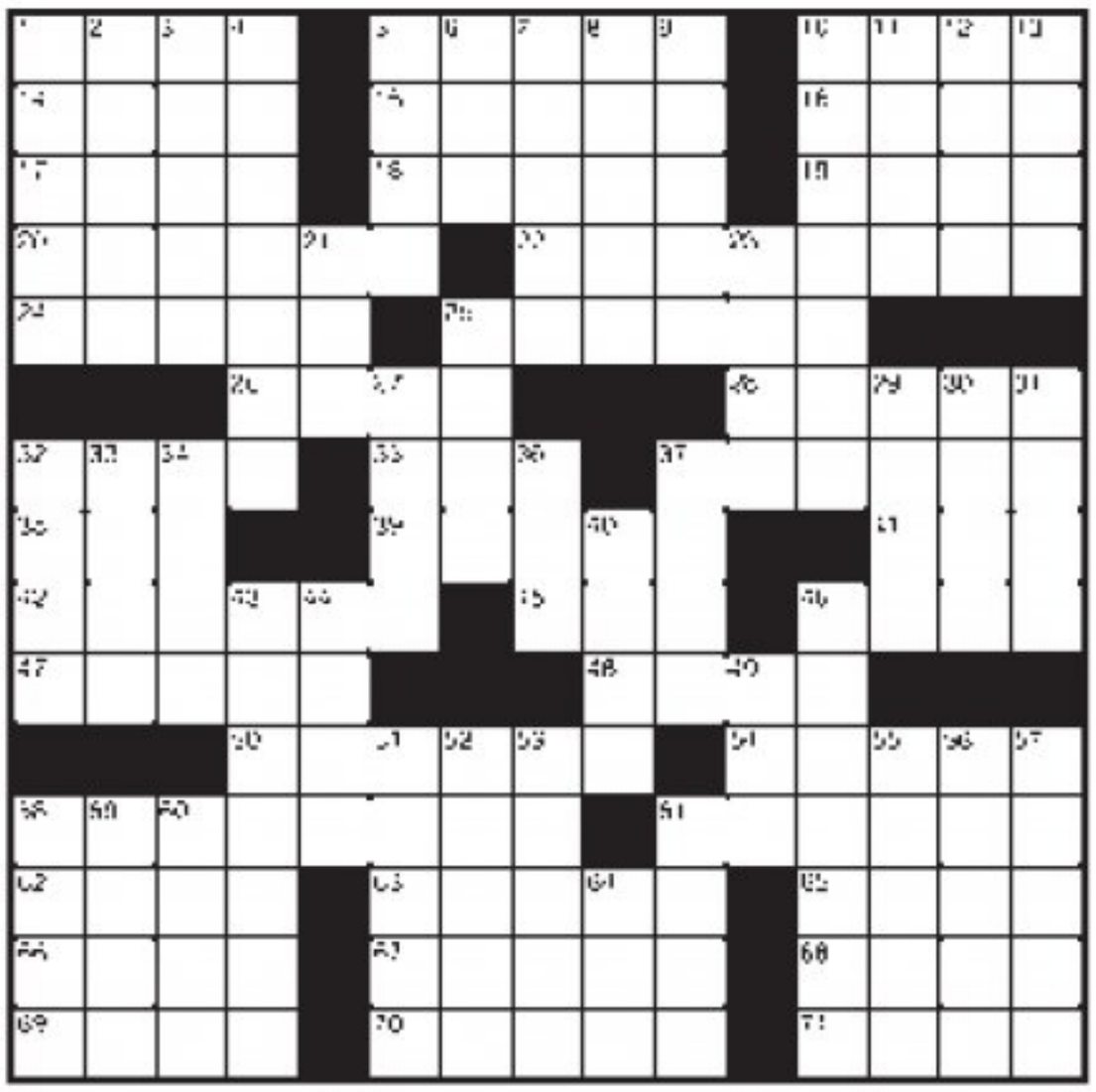
metro.us/crossword

Across
1 Be out of
5 Mohawk
10 Chimney's place
14 You said it!
15 Pointed remarks
16 Mrs. Peel
17 Marathon unit
18 Bachelor parties
19 Natural crystals
20 Unconscious
22 Doubt
24 Unpleasant surprise
25 Bright flower
26 Space lead-in
28 Piece of land
32 Pitch a tent
35 – Kippur
37 Travel downer
38 Luau strings
39 Kind of physicist
41 MacGraw of film
42 Urban nuisance
45 Library abbr.
46 Vex
47 Ruins a nylon
48 Ancient colonnade
50 Clearings
54 Distinct stage
58 Easy mark
61 Fauna
62 Leaf source
63 Piano-key wood
65 Kid
66 Between ports
67 Less polite
68 Currycomb target
69 Paw, in humans
70 Stand in good –
71 Kitty starter

Down
1 Prayer-wheel turners
2 Buggy drivers
3 Quartet member
4 Patella
5 3 tsp.
6 Two-timer
7 From Baghdad
8 Air rifle (2 wds.)
9 German industrial center
10 Begin again
11 All, in combos
12 Melville work
13 Spotted animal
21 Barely scrape by
23 It has a home page
25 Monkey havens
27 Meg or Nolan
29 Jai –
30 Glacier's break-off
31 Happy-hour letters
32 Mugs
33 Similar
34 MHz part
36 "I Want My –"
37 Bump and jostle
40 Diana of the Supremes
43 Geek or Nerd
44 European capital
46 Sage, in India
49 Unlatch, to a bard
51 Maintains
52 First appearance
53 Carve a canyon
55 Lake Nasser dam
56 Tour of duty
57 Helena rival
58 Pharaoh's creator god
59 Bear in the sky
60 Glimpsed
61 Polar explorer
64 PBS funder



metro.us/sudoku

easy

			8			7		6
8		3	7		4		9	
	2							3
9	6					5		
2	8			9			7	1
		7					2	9
1							5	
	9		5		1	8		2
5		2			9			

hard

		6			2			
			6	1	5	9	4	
9	2							
2					9		7	
3		8	2		4	1		6
	5		8					3
							6	8
	3	7	5	9	6			
			4			5		

metro.us/horoscopes

Aries You and a loved one will come up with a good plan that will help stabilize your life. Stick to the budget you set. Love conquers all.

Taurus Taking business trips, engaging in correspondence and taking care of your personal needs are all favored. Talks will lead to a chance to try something new.

Gemini You must trust in what you can see. Be bold and ask pointed questions. Don't miss out on something good just because someone is jerking you around.

Cancer Attend a function or networking event that will bring you in contact with people from different walks of life. Discovery and experimentation should be priorities.

Leo Don't let professional stress cross over into your personal life. If you calmly share your concerns with a loved one, you'll be offered constructive suggestions.

Virgo Don't let the little things get to you. Take care of your health by getting enough exercise and eating properly. An emotional situation must be handled with empathy.

Libra Don't place unnecessary pressure on yourself or others. If something isn't going well, look for simple solutions instead of indulging in expensive distractions.

Scorpio Work alone if you find it too much of a struggle to get along with others or find their positions untenable. Don't be afraid to be different.

Sagittarius A change to your appearance, to the way you do your job or to how you present yourself will help ward off negative criticism and jealous acts.

Capricorn Find out exactly what you want and then go for it. Don't let distractions get in the way. Stick to what you know in order to avoid unrealistic promises.

Aquarius Apply for a better position if you are bored. A change will do you good and lead to greater income potential. Negotiate and get what you want in writing.

Pisces It's payback time. The more you can offer others, the more you will reap in the future. Speak up, offer suggestions and help bring about positive change. EUGENIA LAST

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